Olympic High School

THE TORCH

Student-Led Newsletter: Where Tomorrow's Leaders Speak Today



MARCH 14, 2025
VOLUME 07 ISSUE 06

Monthly Observance

April is National Poetry Month. The Academy of American Poets founded National Poetry Month in 1996 to honor poetry's impact on culture. During this month poets, publishers, educators, and literary enthusiasts celebrate the beauty of poetry. Events like poetry slams, readings, and workshops offer opportunities to engage with both classic and contemporary works. Experiment with language, explore new styles, and let your creativity flow.

You can observe National Poetry Month by reading, writing, and sharing poetry. You can also visit poets.org for more ways to participate in the celebration.

An Earth Song

Langston Hughes (1901-1967)

It's an earth song,—
And I've been waiting long for an earth song.
It's a spring song,—
And I've been waiting long for a spring song.
Strong as the shoots of a new plant
Strong as the bursting of new buds
Strong as the coming of the first child from its mother's womb.
It's an earth song,
A body song,
A spring song,
I have been waiting long for this spring song.

Inside this issue:

Day of Observance	Pages 2-3
Easter	Page 4
Spring Specials	Pages 5-7
Auto	Page 8
Finance Page	Page 9
Campus Celebrations	Pages 10-11
Calendar	Page 12-13

Student Reporters

Jordan Ennik
Damien Garcia Guzman
Jayden Flores
Will Gorrell
James Mauritho
Leslie Sanchez Sanchez

Editors:
Jordan Ennik
Leslie Sanchez Sanchez



THE TRANSATLANTIC SLAVE TRADE DAY OF REMEBERENCE

By Jordan Ennik



The Transatlantic Slave Trade Day of Remembrance is held annually, beginning in 2007 when the United Nations passed a resolution to commemorate the victims of this horrific period of history.

The Transatlantic Slave Trade was a horrible practice that lasted from the sixteenth to the nineteenth century. It was the forced transportation of millions of Africans to America where they were sold into slavery to work on plantations and mines. It played an important role in shaping the economies of the Western world, caused a lot of pain and suffering for the people who were taken, and had a long-lasting effect on African society.

The Journey they took from Africa to America was called the Middle Passage. It was an extremely dangerous trip. Millions of African people were packed into ships, living in terrible conditions. Many of them died from diseases, poor food, and harsh treatment during the trip. Those who survived were sold as slaves and forced to work on farms or in factories. They were seen as property, not people.

The slave trade started when European countries such as Portugal, Spain, France, and England began to explore and set up colonies in America. They needed many workers to grow crops like sugar, tobacco, and cotton. These crops were valuable and made a lot of money, but growing them required the use of many workers. To find the labor they needed, Europeans kidnapped Africans from their homes and forced them to work in America. The slave trade was a huge part of the economy in America and its surrounding territory such as the Caribbean and Brazil. Slaves were brutally treated and often lived in very poor conditions. Families became separated and people were forced to work long hours with no care for their safety or wellbeing.

The Slave Trade lasted for hundreds of years. By the nineteenth century, many countries started to realize how cruel it was. In 1807, the British Empire ended the slave trade, and in 1808 the United States stopped as well. Other countries such as France and Spain also passed laws to end the Slave Trade.

The effects of the Slave Trade are still felt today. Many African-American communities still face racism and unfair treatment. The Transatlantic Slave Trade molded the lives of millions of people and had a lasting impact on history. Even though the trade was stopped, the effects of slavery are still seen in society today through inequalities in wealth, healthcare, education, and opportunity, as well as ongoing racism and marginalization of people of African descent.

Cesar Chavez

By Jayden Flores

In 2014 President Barack Obama proclaimed March 31, César Chávez Day. This federal holiday honors the civil rights and labor activist's birth and legacy. Cesar Chavez was a civil rights, Latino and farm labor leader. He fought for farm workers' dignity, respect, fair wages, medical coverage, pension benefits, and humane living conditions. In 1952, he began to fight to earn protections for food and farmworkers.

Chavez began organizing people to advocate for the reform of labor laws, he organized the Delano Grape Strike and the national grape boycott. He also led a march 340 miles from Delano to Sacramento, and performed long fasts to raise awareness for the challenges facing farm workers. His union efforts brought about the passage of the groundbreaking 1975 California Agricultural Labor Relations Act to protect farm workers. To this day, it remains the only law in the nation that protects the farm workers' right to unionize. The United Farm Workers of America (UFW) is the nation's first enduring and largest farm workers' union and was founded by Cesar. The UFW contract agreements protect thousands of vegetable, berry, winery, tomato, and dairy workers in California, Oregon, and Washington state. He established minimum wage standards, wage contracts, safer working conditions, child labor reform, and advancement in civil rights for Chicanos and other farm workers. His legacy is immortalized in the fight for economic and social justice, and his spirit lives on in the vibrancy of rural America.

The UFW continues its activism in major agricultural sectors, chiefly in California. UFW contract agreements protect thousands of vegetable, berry, winery, tomato, and dairy workers in California, Oregon, and Washington state. With the help of the movement, Cesar was able to build affordable housing for the elderly and displaced Filipino American farm workers and later, multi-family and homeownership communities for farm workers and other low-income working families and seniors.

Click the image to learn more about the legacy of César Chávez .



IMAGE SOURCE: GOOGLE IMAGES



Easter Traditions Through Time

EASTER, also called Pascha or Resurrection Sunday, is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans. Christians celebrate Easter as a joyous holiday because it represents the fulfillment of the prophecies of the Old Testament and the revelation of God's plan of salvation for all of humankind. In Greece, it is the most sacred holiday of the year marked by a full week of celebration. In Athens, Good Friday marks the first main event where a replica of Christ's tomb is carried through town.

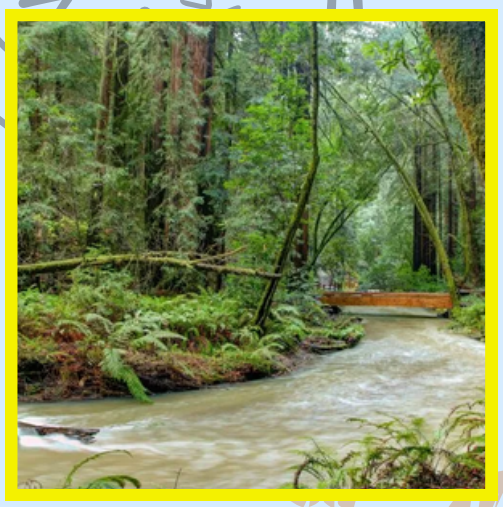
EVOLUTION of American Easter celebrations include nonreligious customs and symbols, such as the Easter Bunny. The idea of an egg-giving bunny began in the U.S. in the 18th century when Protestant German immigrants in the Pennsylvania Dutch area told their children about the "Osterhase", hase means "hare", and in Northwest European folklore the "Easter Bunny" indeed is a hare. Some common ways to celebrate Easter include Easter egg hunting, decorating Easter eggs, opening Easter baskets, or even attending an Easter parade. Some alternatives to hiding eggs could be putting up a easter egg piñata or getting easter egg chalk and creating art with relatives.



CLICK ANY IMAGE TO LEARN MORE!

SPRING HIKES

BY LESLE SANCHEZ SANCHEZ



Muir Woods

Muir Woods, the world's most visited redwood destination, has been federally protected as a National Monument since 1908. Here, you can thread your way along 6 miles of trails through the gigantic trunks of old-growth coast redwoods, Sequoia sempervirens, the tallest living things in the world.



Mount Tamalpais State Park

one of the oldest and most famous of the California State Park System, which surrounds Muir Woods National Monument and borders the Golden Gate National Recreation Area. which takes in a series of steps and redwood groves before popping up on a grassy ridge with expansive ocean views



"Tomales Point Trail, Point Reyes National Sea Horse"

The Point Reyes National Seashore area and its myriad attractions, including elephant seal breeding grounds. Tomales Point Trail offers panoramic views of rolling green hillslopes, wildflowers, and if you're lucky grazing indigenous Tule Elk, framed by the Pacific Ocean on all sides.



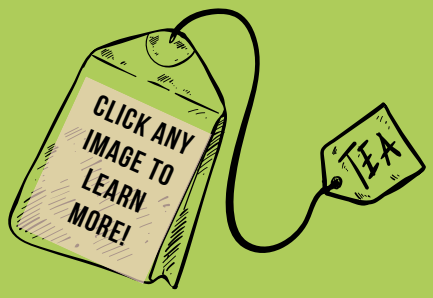
Russian Ridge Open Space Preserve.

Want to find the best trails in Russian Ridge Open Space Preserve for an adventurous hike or a family trip? 13 great trails for hiking and walking and more. Ridge Open Space Preserve is a regional park located in the Santa Cruz Mountains in San Mateo County, California along the San Francisco Peninsula.

IMAGE SOURCE: GOOGLE IMAGES

HEALTHY TEAS

BY LESLIE SANCHEZ SANCHEZ





Lemon & Honey Black Tea

A Relief from a sore throat is one of the primary benefits of Black Tea with lemon. Many health benefits, including improved digestion, a stronger immune system, and better heart health.



Rose Hip Tonic Tea

Rose hip tea is a delicious infusion full of autumn and winter flavors. Has many potential health benefits, including boosting immunity, improving digestion, and reducing joint pain.



Sage Tea

Fresh sage is an aromatic herb perfect for making flavorful caffeine-free tea. Herbalists say sage tea may even settle upset stomachs and soothe sore throats, in addition to preventing lipoprotein oxidation,



Green Tea

This Green tea helps improve mental health and digestion. It also helps in weight loss and helps relieve headaches and fatigue. It has tons of health benefits.

IMAGE SOURCE: GOOGLE IMAGES

Spring DESSERTS

By Leslie Sanchez Sanchez

CLICK ANY IMAGE TO GET THE RECIPE



LEMON MOUSSE

This easy lemon mousse recipe combines the zing of lemon. It's a no-bake dessert that can be prepared without turning on the oven, making it practical for when you need a sweet treat that's also uncomplicated to make.



EASTER BREAD

Drizzled with a sweet glaze and topped with colorful eggs and sprinkles, it's a delicious dessert and a stunning centerpiece all rolled into one! This yeasted bread makes a wonderful Easter dessert because it's not overwhelmingly sweet.



MACAROON CHERRY PIE

A good cherry pie is the perfect dessert, it bears little resemblance to the gummy, candy-bright confections served in diners and available in the freezer aisle.



STRAWBERRY CAKE

This strawberry cake captures all the beautiful flavors of fresh berries. The strawberry puree reduction in the creamy frosting provides a concentrated flavor. Perfect for a spring picnic.

IMAGE SOURCE: GOOGLE IMAGES

1968 Coupe Mustang

BY DAMIEN GARCIA GUZMAN

CLICK ANY IMAGE TO LEARN MORE!



CAR DESCRIPTION

A 1968 Ford Mustang Coupe is often praised for its iconic design, powerful engine options, and muscle car appeal. A classic with excellent visibility and a fun driving experience and was built on the Ford Falcon platform with a unique suspension setup for improved handling



INTERIOR

A 1968 Mustang coupe interior typically features a vinyl bench seat with a fold down center armrest, a simple dashboard with round gauges, a floor-mounted shifter, basic controls, and a vinyl wrapped door panel with minimal trim, often with the option for a center console.



ENGINE

In 1968, the Mustang coupe offered a variety of engine options, with horsepower ranging from 115 to 325 depending on the specific engine and configuration. 1968 Mustang engines, particularly the V8 options, are generally considered good and desirable,

IMAGE SOURCE: GOOGLE IMAGES

Financial Tips

By Jordan Ennik



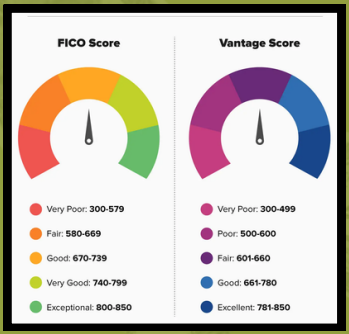
Create A budget to track your expenses:

Creating a budget is very important to understand where your money is going. It will allow you to track your income, set limits on your spending, and maximize your savings.



Have an emergency budget

Having an emergency bugdget is a very smart financial descision that everyone should have. It protects your savings from unexpected expenses such as car repairs, medical bills, or layoffs. A good Emergency budget will cover 3-6 months of living expenses.



Monitor your credit score

Your credit score is the number one factor lenders will use to track your financial habits. A high credit score will help you aquire lower interest rates on things like cars and credit cars. you



Invest early

Investing is one of the best ways to generate wealth over time. Some of the best avenues to invest your money include 401ks or IRAs. Even small contributions to an account can have a massive impact in the long run.

IMAGE SOURCE: GOOGLE IMAGES

Credit Crushers

By Leslie Sanchez Sanchez

Term 5

Crystal Ochoa Gonzalez
Aldrich John Candasa
Santino Esquivel
Norberto Lopez Padilla
Rosa Prado Navarijo
Elmer Andres Perez
Elmer Ba Maquin
Luis Barrera Villalobos
Jeronimo Choc
Julian De Jesus Espejo Ceron
Douglas Garcia Choc
Sergio Max Tiul
Rechel Mora Largaespada
Jorge Zarate Ibarra
Jose Balanzar Ojeda
Karla Arce
Marley Gonzalez
Julia Navarro Ceja
Roberto Villanueva
Sarai Alvarez
Jamayner Zeron Huerta
Edwin Cibrian Andrade
Mckenzie Escalante
Emilio Ayala
Levee Fries
Rose Parks
Savannah Knowles
Kate Mejia Zuniga
Diana Rodriguez
Victor Ramirez Cortez
Jaylen Dunkley-Wagner
Dasheme Coleman
Denis Guzman Deleon
Yuliana Herrera Herrera
Brian Ascencio Carrillo
Leonel Luna Silva
Maryjane Sanguinetti
Angel Solis Rodriguez
Elisa Febo
Aurora Lopez-Robles
Jasmine Gutierrez Castro
Katia Juarez
Alexandra Avelar-Torres
Marcello Canas
Daniel Vazquez
Gonzalo Villasenor Gudino
Jayden Flores
Arturo Sandoval
Brealene Sarria
Jordan Ennik
Zamara Burton
Emigdio Moran Villa
Johann Contreras
Jorge Guzman
Nayra Shah
Maynordino Chom Pop Julia
Cardenas
Dominique King
Jeremy Nunez Ruiz
Ronnie Crawford
Sergio Oxcal
Jason Guzman
Yisel Zepeda Hernandez
Briana Ramirez Guerra
Cynthia Ortiz
Leslie Sanchez Sanchez
Melissa Ochoa Gomez
William Munoz Lara
Marcela Jose Menjivar
Manuel Camey Gil
Ezequiel Echeverri Gutierrez

Happy Birthday

By Leslie Sanchez Sanchez

April

Bella S.	04/01
Josiah T.	04/02
Ulises C.T.	04/02
Denis G.D.	04/06
Adrian T.	04/06
Sergio O.	04/08
William K.	04/09
Ms. Melanie	**04/09**
Mr. Soto	**04/11**
Jorge G.	04/12
Bryan M.	04/13
April A.	04/13
Will G.	04/13
Kimberlyn M.	04/15
Zamara B	04/15
Ashley I. R.	04/15
Mr. Scott	04/16
Mr. Emilio	04/17
Sofia M.	04/20
Victor R.C.	04/20
Raphael P.	04/20
Roman D.	04/21
Julien L.	04/21
Kevin M.	04/21
Ms. Townsend	**04/22**
Alondra G.	04/22
Cristian J. G.	04/23
Giovanni G.	04/25
Luis A. L.	04/26
Daniel V.	04/30
Ms. Green	**04/30**

A Daily Dose of Observances

March is packed with national and global observances, each day dedicated to celebrating something unique! From recognizing everyday objects to cherishing life's small joys, these celebrations provide the perfect opportunity to smile, take a break from routine, and enjoy something fun. Whether you're looking for a laugh or hoping to learn about notable people and events, this calendar will bring a daily dose of excitement and joy throughout the month!

By Leslie Sanchez Sanchez

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Sleep Awareness Day	2 World Teen Mental Wellness day
3 I Want You To Be Happy Day	4 National Snack Day	5 Multiple Personality Day	6 National Frozen Food	7 National Cereal Day	8 International Fanny Pack Day	9 Barbie Day
10 National Middle Name Day	11 Tools Day	12 Plant A Flower Day	13 National Popcorn Lover Day	14 National Potato Chip Day	15 National Corn Dog Day	16 Everything You Do Is Right Day
17 Saint Patrick's Day	18 Awkward Moments Day	19 National Lets Laugh Day	20 Alien Abduction Day	21 National Flower Day	22 World Water Day	23 National Tamale Day
24 National Cheese steak Day	25 Maryland Day	26 National Spinach Day	27 World Theatre Day	28 Respect Your Pets Day	29 Earth Hour Day	30 National Doctors Day
31 César Chavez Day						

A Daily Dose of Observances

April is filled with national and global observances, with each day dedicated to celebrating someone or something special! From recognizing everyday objects to appreciating life's little joys, these observances offer the perfect excuse to smile, step away from routine, and enjoy some fun activities. Whether you want to add a touch of humor to your day or learn about meaningful celebrations happening across the country, this calendar will bring you a daily dose of amusement and joy throughout the month!

By Leslie Sanchez Sanchez

